

BRIDGES

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Inspiring cancer survivor
supports and educates
others **P. 2**

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Local climbers do it
in a dress for charity
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FASHION:
Every place of this
fashion blogger's look
tells a story **P. 26**

WEDNESDAY, SEPTEMBER 18, 2013

A STARPHOENIX COMMUNITY NEWSPAPER



NEVER TOO YOUNG

**CHIROPRACTORS LIKE SHEILA BONNETT
PROMOTE THE BENEFITS OF TREATING
EVEN THE LITTLEST OF THE LITTLE ONES**
P. 6

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ON THE COVER PG. 6



More and more parents are taking their children and infants to chiropractors like Shana Donohue, who specializes in treating a range of childhood ailments. **BRIDGES PHOTO BY DEREK MORTENSEN**

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MY FAVOURITE PLACE PG. 12



Student River With enjoys reading and working outside in the shade at the University of Saskatchewan. **His favourite place in Saskatoon. BRIDGES PHOTO BY DEREK MORTENSEN**

BRIDGES COVER PHOTO BY DEREK MORTENSEN

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CITY NEWS

DO IT IN A DRESS

Local climbers do it in a dress

By Jenn Sharp

If you can do it in pants, you can do it better in a dress.

A group of Saskatoon men dressed school girl dresses and went walk climbing recently in a fundraiser called Do It In A Dress.

The event was started by the American non-profit organization One Girl in 2011. Since then Do It In A Dress has spread globally. Saskatoon organizer Dustin Mann held the first Canadian event last year after a friend involved with One Girl tipped him off about the charity. Mann, along with his dad, Dale, and brother Jeff went on a 50 km three-day hike in BC's Mount Robson provincial park wearing dresses. The three raised \$7,000. Mann wanted more people involved in the 2012 fundraiser. He recruited 30 friends and colleagues in Saskatoon. At press time, they had raised \$7,600.

"For years I have wanted to find something that spoke to me personally and that did something different and got people involved. A lot of charities struggle to create that passion," said the globe-trotting photographer and entrepreneur.

Through his travels (Mann has visited all seven continents), he's read and seen much Canada's quality of life exceeds that in other countries. Gender equity and education are things he said many take for granted in this country.

"Education changes things in a huge way for people."

Money raised through the Do It In A Dress campaign goes towards One Girl's goal of providing 600 education scholarships to girls in Sierra Leone by 2016. On its website One Girl states it costs about \$200 to give one girl access to education. The organization is currently working on 15 communities in Sierra Leone. One Girl is also providing classrooms, providing lessons teaching, growth and women's health education in these areas.

Along with the unique Do It In A Dress fundraiser, One Girl's small



Do It In A Dress organizer Dustin Mann and a group of men who went indoor rock climbing at Geyl's in Saskatoon wearing school dresses. The event raised money for One Girl, an American non-profit organization that is working to give girls in Sierra Leone access to education. (Images: PHOTO BY JENN SHARP)

size attracted Mann. "It was important for him to be involved with a better life, through education and self-sufficiency."

"When you look at what we've got here — whether it's education or health care — if it's there, it's given to us. In Africa — it's hard for the girls to go to school."

Jeff's eight-year-old son Theron was excited to be a part of the walk climbing event.

His dad, Dale, said he's

able to go out and go to school and do the things that we can do here that in other countries (he) wouldn't be able to do (as easily)."

Theron was in a dress in school the day of the event. When people asked why he was wearing it, he turned around. An explanation in embarrassment on the back: "I'm doing it in a dress so I can send a girl in Africa to school."

Next year, Mann hopes to grow the

fundraiser even more.

"I'd like to do something bigger — with a couple of people like me big hiker last year, but also an event with 100 people."

Mann wants to reach a fundraising goal of \$10,000 for Do It In A Dress in Saskatoon. To donate to the Saskatoon Climbers Without Pants and to find out more information go to: <http://doitindress.com/teams/climberswithoutpants>

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ON THE COVER

You will never hear any popping or cracking of joints. The adjustment is done with one finger. — Sherla Bennett

PEDIATRIC CHIROPRACTICS

Sask. sees upswing of chiropractics on infants



Sherla Bennett is a Saskatoon chiropractor who works on babies and children, with a focus on helping them with ailments ranging from childhood asthma to developmental problems and sleep disorders. **PHOTO BY GORD DUNN/TIMES**

By Kevin Manz

Sherla Bennett turns five-month-old Charity Korypa's head from left to right and back again.

She is testing the baby's range of motion.

"I warn parents the first time I do this," says Bennett, a chiropractor in Saskatoon. Some parents might cringe watching their infant's head turn so much, but as Charity's mother, Sherla Korypa says, "babies are very flexible."

But wait. Aren't chiropractors for

older adults with creaky joints and little bones? What's an infant doing at the chiropractor?

The Saskatchewan government subsidizes 5,891 chiropractic treatments for children under six in 2015.

More recent numbers are unavailable

because the province stopped subsidizing most chiropractic care in 2010, but it's not uncommon to find children lying on a chiropractor's table throughout the province.

About 70 per cent of Bennett's patients are females, she says, and about half of those patients are chil-

dren like gossamer of those children, a slight majority are infants and toddlers.

Charity is calm. She giggles as Bennett rotates her head. Her mother first took Charity to the chiropractor when she was just one day old.

I don't treat the same conditions as a medical doctor, (but) I can recognise when conditions are serious enough to go to a medical doctor — Bonnett



A yellow-spine flower in Sheila Bonnett's office. ROBIE PHOTO BY STEVE MORTENSEN

Bonnett answers by it. Physicians have helped her recover from several car accidents, she says.

She treats Bonnett with Chiropractic. The mother is now focused on her two-year-old daughter Sierra, who's waiting for her turn on the chiropractic bed.

Bonnett will see her children under the age of four to part over an hour on this particular Saturday.

"When any child comes in I'm assessing normal range of motion and normal reflex patterns," Bonnett says. "You will never hear any popping or cracking of joints. The adjustment is done with one finger."

Regina chiropractor Sierra Bonnett estimates about 10 per cent of her patients are children. He says he's noticed a gradual upswing of young patients over the last few years.

Chiropractors are very gentle when treating infants and toddlers, he says. People assume chiropractic performance is dangerous because they make no distinction between a chiropractor adjusting a child and a chi-

ropractor adjusting an adult.

"People perceive adjusting a 40-year-old truck driver with chronic low back pain the same as adjusting a little kid with failure to launch (during breastfeeding or who is) having trouble turning a barrel movement. You don't use near as much force," Bonnett says.

IS IT SAFE?

Bonnett finds some muscle tension in Sierra's lower back. The two-year-old has a bruise. Her parents just bought her a from police.

She warns Bonnett if Sierra gets a fever or rash, the child should visit her family doctor.

"Keep your eye on it," Bonnett says to Bonnett as Sierra sits down from the bed. It's Sierra's mother's turn.

Bonnett first lies on her stomach on Bonnett across her ankles up and down. She stretches deep as Bonnett adjusts her spine. She rotates to her back, then to her side.

Continued on Page 8



Regina-based chiropractor Steven Bonnett. HILL PHOTO

Nuts About Nature At Beaver Creek Conservation Area



It's kids! My name's Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city. Browse a family Nature Activity Hub-Pac and hike a trail... (about 400 words)

Guess what? You can send your questions to me at the address below

Dear Chip,

What is an Ambush bug? Do they live at Beaver Creek? Write.

Yes, we have ambush bugs at Beaver Creek. There were many this year and on the prairie. I saw them on the walls, windows, goldenrods, cornflowers and black-eyed susans. The Ambush bugs on this site are about 1 to 1.5 cm long and have mainly yellow and black coloring. Ambush bugs are insects named for how they hunt. Camouflaged, they lie in wait for a pollinator to come to their flower. They depend on this surprise attack to catch their prey, searching out their large front legs to hold their prey in a vice-grip. Ambush bugs can catch prey over 10 times their size and when prey is scarce they can eat 20% smaller than the flowers. You can see these insects in the city too, watch for them on yellow flowers!

Send your questions to me at the address below, then watch Bridges for the answers.

Your pal, Chip

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I do believe that keeping up with the adjustments has given (daughter Abigail's) body the ability to fully function at its prime, therefore eliminating the need for any medications. She has not had any medications for over a year now.

—Kim Siernacheskyy

The master's progress will not be recognized by the Chiropractors. His sections of *Neuroscience* because McPherson is not accredited by the European Council on Chiropractic Education — though the school is a candidate for accreditation.

"I worried that information and that training. Regardless of which or I get credit for it. I still have the knowledge," Bonnett says.

Bonnett, who is also registered in postgraduate studies, says he expects to earn credit for his master's degree but noted that many specialty chiropractic programs are more recent in Canada. He's hopeful that will soon change.

His postgraduate studies focus on correcting what he calls abnormal inputs and outputs of the nervous system. For example, he explains how to correct the posture of someone who slouches at a computer all day or how to improve a patient's poor movement patterns.

He compares the corrections to fixing a golf swing, and notes it's much easier to fix abnormal movement patterns in children because the movements have yet to become strongly ingrained.

"It would be like if you slice the golf ball. It's a lot harder to get rid of that slice after 20 or 30 years than a couple years."

Chiropractic Medicine, a nurse at Royal University Hospital in Saskatoon, says she would never take her two-year-old son to a chiropractor.

"Kids are malleable. Their bones aren't. They are meant to be retrained."

Her son has trouble sleeping and her friends often recommend he get an adjustment, but she fears "the worst of the worst will happen."

She believes many people who receive chiropractic treatment are misled by the term "doctor."

"Chiropractors aren't doctors of medicine and the fact that they are called doctors is a very loose term," Bonnett says. She doesn't claim to be a medical doctor.

"I don't treat the same conditions as a medical doctor," she says. But "I can recognize when conditions are serious enough to go to a medical doctor."



Feeling children difficult because the patient can't explain what is bothering him or her. Much of the assessment is observational about how to do things most often.

TREATMENT EASES THE PAIN

Following her adjustments of Charity Berres and Summer Bonnett flashes over to another room in the clinic. Kim Siernacheskyy, a 25-month-old daughter, Abigail, is Bonnett's next patient.

Bonnett is crying. She often cries during the first few minutes of an adjustment — though her mother says Bonnett always cries when Bonnett is near the end of the appointment.

Kim's four-year-old daughter, Abigail, isn't crying. Bonnett today, but she is also a consistent patient at the clinic.

Abigail was diagnosed with juvenile

rheumatoid arthritis when she was 12 months old.

"Looking up to the diagnosis she was in chronic discomfort," Kim says. "Her right knee was completely swollen and permanently held at a 45-degree angle. She wasn't walking, crawling, or weight bearing at all."

Chiropractic treatment has greatly improved Abigail's condition, she says.

"I do believe that keeping up with the adjustments has given her body the ability to fully function at its prime, therefore eliminating the need for any medications. She has not had any medications for over a year now."

Prior to Abigail's diagnosis, the

family first visited a pediatrician, who referred them to a rheumatologist. Between the visit to the pediatrician and the appointment with the specialist, Kim says they visited a fellow chiropractor of Bonnett's at the Fatherhood Clinic.

The chiropractor was the first to mention Abigail may have arthritis, Kim says. The rheumatologist confirmed arthritis after conducting an MRI, and officially diagnosed Abigail.

When treating patients who are in pain and toddlers, Bonnett says she pays close attention to milestones she makes sure the child is sitting up on their own, standing, crawling and walking at the correct age.

"See a child isn't crawling, that can be a huge red flag," she says. "Kim's daughter wasn't crawling. We kind of picked up on that here."

Bonnett says, even though parents often tell him in on their child's medical history, treating children can be difficult because the patient can't explain what is bothering him or her.

"It's a lot harder to glean information from them directly. A lot of it has to be observational," he says. "Did they move one arm sooner than the other? Did they not turn their head quite as far one way?"

Bonnett says the same thing: "An adult can tell me what's going on."

It's a lot harder to glean information from (children) directly. A lot of it has to be observational. Did they move one arm smoother than the other? Did they not turn their head quite as far one way? — Shawn Bachorick



Shawn Bachorick works on Harper while parents (background) look on. BACHORICK PHOTO BY STEVE MCKENNEY

CHIROPRACTORS TREAT PATIENTS OF ALL AGES

Bachorick works predominantly with clients who are on workers' compensation.

"By no means am I predominantly a pediatric practitioner," he says.

Chiropractors in Saskatchewan must be able to work with a wide array of patients, he says. "There isn't enough demand for pediatric chiropractors in the province."

"In Saskatchewan there is not a ton of specialists," he says. "There are some practices in larger centres in the U.S. that are just strictly pediatric. The demographics don't support that here too much. You're by and large much more of a generalist here."

Bachorick agrees. She spent the first few months of her master's program working in Australia under a chiropractor who only treats children. She loved the experience, but doesn't see herself becoming a solely pediatric chiropractor. She prefers working with families.

"I wouldn't say that I'd like to only work with infants or toddlers," she says. "Every person, that comes to see me is rewarding—and I love my senior patients just as much. However, my passion is working with families. The energy that families bring with them sets a great social mood in my department."

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IN THE CITY

SEPTEMBER 11, 2013 - 6:44 P.M.

Historic date for Chileans



Before the 2011 terrorist attacks, Chile experienced its own Sept. 11 tragedy. As many remembered the events of Sept. 11, 2001 in the United States, Chileans were remembering a different 9/11 — Sept. 11, 1973 the day a U.S. Marine military coup ousted a democratically elected president with a right-wing strongman. Forty years later, Chileans are still divided over the legacy of that day in Santiago. Ricardo Salas Alevega, Chilean, told us the Rotary Park Peace Pole during a vigil in commemoration of the 40 years since the coup d'état. The pole was held in memory of President Salvador Allende González, Víctor Jara, Pablo Neruda and all the victims of the brutal repression of the military dictatorship that was in power for 17 years. thehill.com/policy/foreign-policy/100918

YOUR FAVOURITE PLACE

Bridges wants to hear about your favourite place in Saskatoon! Email bridges@thestarphoenix.com

MY FAVOURITE PLACE

Many benefits to studying outside

By Angelina Trnaci

Keren Vohs, 22, is new to Saskatoon and still exploring the city. After finishing his undergrad at the University of Winnipeg, he moved here at the beginning of May to pursue a master's degree in biochemistry with a focus on structural biology at the University of Saskatchewan. He says he's really excited about studying at the U of S for two main reasons. The university is home to the quadwalkers, and he's already been learning a lot from his peers. He also appreciates the "beautiful" campus and has already found himself a favourite spot, leaning up against a tree in the campus's Bowl. It's the perfect spot to get some work done while relaxing, too.

Q What were your first impressions of the U of S campus?

A Beautiful! It's a beautiful campus. I came from a much smaller campus in downtown Winnipeg and I'm not used to seeing all these buildings that comprise it. (in Vohs' prep) I was just one big block that was the science building. I never went anywhere else, which was nice, but this is really pleasant. So pleased with the weather, it's nice here.

Q What made you decide to sit outside to get some reading done?

A I'm waiting for cells to express protein and I'm going to let them do that overnight. So at this point right now I'm kind of enjoying the weather and I think ultimately I'm going to find something to do like make antibodies or something. But truth be told, I'm just here because it's nice out.

Q Why do you like working outside in the Bowl?

A Fresh air and the sunlight. I like being in an open area and I feel like I can think and concentrate a little bit better. Also you're not surrounded by other things. I've got



Keren Vohs enjoys reading and working outside in the Bowl at the University of Saskatchewan. PHOTOGRAPH BY MICHELE KIRK

one thing in front of me. If I was sitting at a table I'd have a bunch of other stuff relating to what I'm doing and I'd look over and go, "Oh, what is going on over there again?" I wouldn't be able to hone my attention on one specific thing.

Q What do you like about the Bowl?

in general?

A I like that it seems to be a hub for people. There's lots of people around. You feel like you're a part of a university community and it's good to be here for that reason.

Q How has your experience here in Saskatoon so far?

A It's been quite nice. I find people here are friendly and welcoming. That was a major concern, I had lived my entire life in Winnipeg and I thought, "How am I going to meet people? Here's this going to work out?" And I found that just taking a minor effort to step outside your comfort zone is, by and large, all it

ever really takes and you can meet people and it's great. That's been really rewarding thing for me.

Q Do you plan on hanging out at the Bowl more often now that school has started?

A Yeah, weather permitting, I'll be outside.

NEXT WEEK: Do you feel like your identity is tied to being a parent? Email bridges@thestarphoenix.com

#PARENT TO PARENT

Each week Bridges, in connection with SaskatoonMoms.com, gathers advice from parents to share with other moms and dads. This week we asked

What iPhone/iPad/video/computer games do your kids love?

'Clash of Clans (iPad)' — Michelle Huard

"The Nintendo DS is the favorite right now. Mario Bros is particular. Unfortunately, since our recent move the computer hasn't been working yet. No table video are always a hit so the kids have figured out how to connect through the TV."

— Carla Connors

"Talking, Teddy on iPad and iPhone. The kids can talk into the phone and the teddy bear repeats it. My three year old loves it immensely."

— Gemma Macdonald

"Mixi Splicer. It's a video story game, puzzles and jumping all in one awesome app! And you can just tap the pictures when you are finished. My two year old can play with this for an hour."

— Bonnie Storch

"My four year old loves anything for the app maker. She likes it. They're really nice because it has lots to do, all the things like her drawing, but painting and cooking but also teaches concepts like writing. They also have apps by Duck Duck Blaise that she likes since when the kids are stuck with aspects of the song." — Michelle Goodrich

"My child is really young for iPhone/iPad so when we're all in the car I will make sure she is active enough and it keeps some of us from anything that will bother us more than things. I avoid that kind of a moment. And I think kids should be more socially aware and not just sitting off in their own 'playground' games." — Lynn Fudge

"Minicraft. All day long! Sometimes let graphics on a laptop screen." — Nicole M. via Twitter

"Minicraft obsession on my house!"

— Sarah Cooke, via Twitter

"Grand Theft Auto." — Owen Wade Sveright via Facebook

"My five year old and nine year old Minicraft. He plays it on his computer. He plays it on the DS too. He is able to play with his cousins and converse with them and his friends as well. Never thought a game for a child teacher would play years ago would become as popular with my kids." — Jason Davis Plummer via Facebook



"On our Samsung Galaxy we like, favorite games are the various Angry Birds editions, we will also have Disney and anime/memo games, probably because they are colorful, have fun sounds and characters/themes they recognize. We also use the tablet for coloring as there are times when it is more convenient on the go to print out various worksheets and coloring books. In addition, my son really enjoys Lego games on the PS3, especially when I join him. I enjoy the Lego Harry Potter the most as I feel that it assists teaching problem solving to complete levels. On a rainy day or in the cold of winter I will also set up games such as TVS, Settlers for both my five-year-old and two-year old as they are played with more controllers and require a moderate level of physical activity and coordination. At one time a couple years ago I was not so open to my young children playing electronic games, however it was a far different world than I am now. In my five-year-old's mind, he understands the technology of a console or they will not go behind their parents. That being said, I still take every opportunity to have my children simply play and use their imagination and over the summer there were even days of my limited technology for all of us!" — Neila Amstrong

Authentic Amish Cooking



COOKING AMISH & PAID: TUMBLE

Chicken Cordon Bleu

- 1/2 c. Milk
- 1 can Cream of Chicken
- 2 med. Baked Celery
- 1/4 c. Milk
- 1/4 c. Mixed Onions, opt
- 1/4 c. Butter
- 2 Eggs

- 2 c. Milk
- 2 med. Cakes Bread
- 2 c. Colored, Grated Cheese
- Chopped Nuts
- Picced Sauce or American Cheese



Mix together half cup of milk and soup. Set aside. Soak chicken with celery and butter and salt. Soak together eggs, milk and bread cubes. Mix together with onion and celery cheese. Dip with egg, celery mixture. Spread the rest of the soup over all. Bake at 350° for 10 hours or until evenly browned.

Key Lime Pie

- 2 Pie
- 1/2 c. Sweetened Condensed Milk
- 1/4 c. Lime Juice
- 1/4 c. Powdered Sugar



- 1 Pie
- 1/2 c. Sweetened Condensed Milk
- 1/4 c. Lime Juice
- 1/4 c. Powdered Sugar

Beat together until stiff and mix other ingredients with topping. Place in prepared pie crust. Chill and serve.

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SPACES

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SASKATCHEWAN'S BEST SPACES

Senior still gardening in downsized home

By Ashley Martin

WHO? Karle Gatzfeld

WHAT? The front yard garden of her east Sts. condo

WHEN? Gatzfeld moved here five years ago from Regina's Hillside neighbourhood where she lived for 52 years with her husband. She was an avid gardener with elaborate pots, flower beds, rock paths and a pergola in her yard. After her husband died in 2006 she downsized and moved from their home. She knew she wanted to keep her garden, even if on a much smaller scale.

HOW? "It was a real adjustment when I came here, but I decided I would make the best of it," said Gatzfeld. Because she was accustomed to having her son-in-law plant the condo complex took some getting used to. So, had to request permission to plant anything.

"It was tough. I broke the rules a few times."

Her small backyard belongs to her 95-pound dog house, so Gatzfeld's garden is located in the front of her home.

She keeps her garden pretty simple, sticking to Zone 2 plants, most of them annuals because they're more colourful and vibrant in the small space.

She also has a few rows of shade plants, which she says grow beautifully considering the shadow of her attached garage.

Decorations recreate the "old" garden.

"There is still a fair amount of grass in the yard, not by choice. I think grass is a waste of water," said Gatzfeld. If she had her way, everything would be flowers and rock paths.

Gatzfeld's "crazy about" rocks. She has several rock gardens at her old house and brought a few of her favourite stones with her when she moved.

She has a bench that sits on her old garden.



BRIDGES PHOTOS BY DON HEALY

SPACES



A third sentimental aspect of the garden is the bench, which her daughter bought in 2006 after Garfield's husband died. It is here that she sits in the moonlight, enjoying the small water feature on her slope. It doesn't compare to the fountain and ponds she once had, but it's a peaceful nonetheless.

WHY? Gardening on any scale is important for Garfield. She says gardening is in her pants.

"A lot of people live here and they walk by and if I can give them pleasure, really that's my passion. Gardening is my passion."

She has even inspired some of her neighbors to get growing. "They really have a few extra plots sitting around."

In spite of mobility issues due to spinal stenosis, Garfield keeps working at her hobby.

"I love it. And I will do it until my condition doesn't allow it anymore."

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ALLEY RALLY & STRIKE A POSE FASHION SHOW



ON THE SCENE

#ALLEY RALLY & STRIKE A POSE FASHION SHOW



The Pink Wig Foundation held its second annual Alley Rally & Strike A Pose Fashion Show fundraiser at Fairwinds Bowl on Sept. 14. Bowling tournament kicked off the night, where prizes were awarded for most creative team costumes. The fashion show featured looks from several local retailers on a runway set up in the bowling alley. About 100 supporters enjoyed a night of music, dance-offs, a silent auction, gourmet bowls of popcorn and unlimited bowling after the tournament. The \$2,000 raised will go towards the Pink Wig Foundation in its quest to improve the lives of cancer patients.

1. An overall view of Alley Rally
2. Katy Lonsdale walks the runway
3. Grace Rumpel, Jessa Hottel, Noah Grimmer, Noreen Jantz, Tyes Adams, Simpson and Chad Reynolds
4. Gary Nickel grabs a ball
5. Cory King celebrates a strike
6. Sophie Grimmer bowls in style
7. Dile Mike Gelf and Cheryl Hestle
8. A photo of Tanya Doh. The Pink Wig



Foundation was created in her honour.

9. Corinne Devine and Tyes Grimes
10. Louise Binneman and Kara Weinberger
11. Megan Wroblewski and Jordyn Mann
12. Jenna Soehn and Kristin Ankures
13. Andrew Mac, David Le Page and Colista Gagner

**BRIDES PHOTOS
BY MICHELLE BERG**



EVENTS

MUSIC

Wednesday, Sept. 18

Jesse Roads Band
Buds on Broadway,
817 Broadway Ave.

Trivium and DevilDriver w/ The Barded and Splice
The Odor Events Centre,
241 Second Ave. South

Cabin Love
Vangies Tavern,
801 Broadway Ave.

Thursday, Sept. 19

Topher Mills
Crackers Restaurant and
Lounge,
311 227 Pinehouse Dr.

Harrison James Band
Buds on Broadway,
817 Broadway Ave.

The Empire Associates
Winston's English Pub & Grill,
634 31st St. East

Twisted
The Odor Events Centre
241 Second Ave. South

Les Ames w/ Caves
Amigos Cantina,
632 10th St. East

Annie & w/ Twin Values
Vangies Tavern,
801 Broadway Ave.

Shannon Rose & The Thorne
Village Grub & Amp Co.,
432 30th St. West

Friday, Sept. 20

Ripcartain
Buds on Broadway,
817 Broadway Ave.

Pleco Friday w/ David Peng
Roots Series: Ryan Boldt
with James Trimble
The Basement,
202 Fourth Ave. North

James Boys
Army & Navy Veterans Club,
209 First Ave. North

Jan Lisinski Quartet
Third Avenue United Church,
304 Third Ave. North

The Rhythmenics
Fairfield Senior Centre,
103 Fairmont Court

The Standards Trio
McNally Robinson,
3030 Eighth St. East

Seelens
Tone Town Tavern,
1330 Fairlight Dr.

Iron and Wine w/ Willow
speak
The Odor Events Centre,
241 Second Ave. South

Chali 2na w/ Kago and
Hustle and Thrive
Loose's Pub,
93 Campus Dr.

CFCE Hit-Phase 113: Young
Galaxies, Human Human
and We're Leavers
Amigos Cantina,
632 10th St. East

Old Joe and The Truth Hurts
w/ Vicked and The Milky
Way
Vangies Tavern,
801 Broadway Ave.

The Stone Roadside
Pizzys Pub and Grill,
1403 10thway Dr. North

Ray Richards
Speakeasy's Brew Pub,
90 Central Ave.

Blue Highway
Stain's Place,
106-110 Ruth St. East

Saturday, Sept. 21

Croc Brown Band
Zodiac Union Centre,
101-1015 Thaddeus Ave.

Ripcartain

Buds on Broadway,
817 Broadway Ave.

Phono Series: Ray Stephenson
and the Moon Trio
The Basement,
202 Fourth Ave. North

Griffened
Watkins Legion,
3021 Louisa St.

James Boys
Army & Navy Veterans Club,
209 First Ave. North

Jon Bailey
McNally Robinson,
3030 Eighth St. East

Throne for the Show
Downwood Legion,
606 Spadina Cross West

CFCE Hit-Phase 113:
Karpis Bros, Summer Bros
and Almighty Voice
Amigos Cantina,
632 10th St. East

The Bone Roadside
Pizzys Pub and Grill,
1403 10thway Dr. North

Blue Highway
Stain's Place,
106-110 Ruth St. East

Sunday, Sept. 22

Griffened
Watkins Legion,
3021 Louisa St.

Monday, Sept. 23

Apollis Cruz
Buds on Broadway,
817 Broadway Ave.

Tuesday, Sept. 24

Apollis Cruz
Buds on Broadway,
817 Broadway Ave.

ART

Madell Art Gallery
Until Sept. 27 at 180 Spadina
Cross East. The main gallery

spaces will be closed for
installation of the fall exhibi-
tions. The Member Show
& Sale runs to Oct. 6 in the
gallery and barium. Gallery
members may submit 1-2
artworks for sale. The gallery
tech is holding a fall sale
until Sept. 20. This event, or-
ganized by the gallery Group
volunteers, is a fundraiser for
the gallery.

SCVP Gallery
Until Sept. 22 at 233 Third
Ave. South. We Need Craft-
ed 2013. The fourth annual
exhibit showcases graffiti
and urban-style work from
numerous artists. A recep-
tion, featuring live music and
door prizes, will be held Sat.
31 from 2 p.m. to 5 p.m.

10th Annual Art at Agape's
Sept. 26, 11 a.m. to 5 p.m.,
at Agape's Corner, east on
Highway 16. An art show and
sale featuring original art in
a variety of media by 18 art-
ists. With painting, pottery,
woodwork, fibre art, wall-
the ceramics, photography,
mixed media, fused glass and
mobiles. 20-22 doors will be
available at the on-site
heritage farmhouse courtyard
of Agape's corner. Weather
permitting, Judy Tyson of
JT Pottery will give pottery
demonstrations in front of
the show building. Admission
is free.

Artists' Gallery
Until Sept. 22 at 813 Broad-
way Ave. Two Perspectives
Painter Karen Holden and
ceramic artist Mel Folen
interpret and discuss the
powerful landscapes of
Saskatchewan through paint,
ceramics, clay and glass.

Gallery at Third, Watrous
Until Sept. 26 at 102 Third
Ave. East in Watrous. Groom-
ing/Pottery/Seitching Memo-
ria, an artist's book creation
will be held Sept. 5 at 7 p.m.

Gordon Smithgrove Gallery
Until Sept. 27 at 181 Mainway
Building, U of S. Pure Sugar by
David Eick. Eick transforms
everyday objects into working
prototypes for an alterna-
tive world of nondescript
purpose. A reception will be
held Sept. 27 from 7 a.m. to
10 p.m.

**Stellen Arts Centre, Bear-
thorn**
Until Sept. 24, Tuesdays to
Saturdays, 9 a.m. to 4 p.m.,
at 701 Highway Ave. North.
Recent works by Southern
area artists. The show con-
cludes Sept. 28 with Culture
Day demonstrations by art-
ists and artisans.

The Gallery at Clay Studio
Thorn
Through September at 3-327
Main St. Adapting of Reiki,
wood, salt and primitive fire
pottery in stone demonstra-
tions by artists will be held
all day Sept. 30, to celebrate
Culture Day.

Generation Place
Until Sept. 30 at 315 Con-
cord St. The Saskatchewan
Landscape, paintings by Ray
Mendel.

Penkridge Centre
Through September at 110
Grosper Cross. Stride City Ar-
tists. New works in a variety of
media and subjects by the
artists' group.

Watrous Library
Through September in
Watrous. Sculptures, work
by Watrous painter Belle
Kariakowski.

Bridge City Artists
Through September at
Pachanga's Art in the Centre.
The artists use a variety of
media and subjects.

**The Gallery, Francois Hor-
rassie Library**
Until Oct. 3 at 311 21st St.
East. People and Places in My

Life. Research and Travels to
India, by Satya P. Sharma. It
depicts people and stories
primarily from a village near
Delhi, India that the artist vis-
ited. A reception will be held
Sept. 5 from 7 p.m. to 9 p.m.

Defender's Canada Centre
Until December at 101 Defen-
der's Bldg. I Touch the Sky: The
Story of a Soldier. This is a
house produced exhibit
encourages visitors to look
beyond the controversy sur-
rounding the Avro Arrow and
focuses on the history and
accomplishments of Avro
Canada.

Black Spruce Gallery
Open through the winter at
Northside Artisans on High-
way 2. After 5 p.m., a group
show featuring fall in pa-
pers and oil on the bevel
lateral region.

SPECIAL EVENTS

**Annual Social Event for
Seniors**
Sept. 19, 5:15 p.m., at the
Greenwood Legion, 606 Spadi-
na Cross. Sponsored by the
Saskatchewan Senior Citizens
Association. Happy hour at
5:15 p.m. dinner by Green-
wood Catering at 6 p.m., and
dancing from 6:30 to 10:30
p.m.

**Free Family Computer Educa-
tion Workshop**
Sept. 19, 6:45 p.m. to 9 p.m.,
at Pinecone Chateau, 380
Cres Cross. Family education
workshops aimed for care-
givers of people with Alzheimer's
or other dementias. Register
call 306-528-4863.

**Annual Welcome Wagon
Buddy Show**
Sept. 22 at the Western De-
velopment Museum. Hosted
by Welcome Wagon Canada.
With door prizes, gift bags
and special displays. For infor-
mation call 306-763-2943.

What you need to know to plan your week.

Send events to bridges@thestarphoenix.com

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10th Annual Luncheon on Vegas

Sept. 20, 11 a.m. to 1:30 p.m., at TCU Place. Presented by Sonoma International Association of Solicitors & Solicitors show fundraiser for Solicitors Sexual Assault & Information Centre (SSAIC). Dishes include Panemonte Bouillabaisse, Dandelion Pine Shrimp and Asparagus, and Anthony's Pie Slice. With prizes and a silent auction. Tickets available at Panemonte Daypage & Telton or SSAIC.

Mindfulness-Based Stress Reduction (MBSR) Information session

Sept. 15, 10:30 a.m. to 9 p.m., at McEwen Centre, 710 Queen St. A free public information session on this extensively researched approach to mindfulness. At this session is necessary for registration to the MBSR course. Eight-week courses are offered for adults. Thursdays from Oct. 31 to Dec. 10, and Mondays, Tuesdays, Oct. 23 to Dec. 17. For information call 306-603-3230 or visit www.mbsr-ucsf.edu.

Saskatchewan SPGA 100th Anniversary Celebration

Sept. 20, 6 p.m. to 10 p.m., at The Delta Hotel, 155 Circle Dr. West. Live musical comedy by the Saskatoon Celtic Band and live auctions, with items including a trip for two anywhere in the world. For tickets call 396-383-7732 or visit www.spga.ca.

Bringing Home an Irishman

Sept. 21, 11 a.m. to 2 p.m., at Holy Spirit Parish church hall, 114 Kingsman Rd. Irish banquets may be the only evening event of Celtic descent. Guest speaker Dr. Muriel Capel will tell us a "true" guide to Irish people. With lunch and a trade show. To

RSVP call 306-933-3563 or email saskatoon@portoporens.ca.

Eighth Annual Sustainable Gourmet Dinner

Sept. 20, 6 p.m., at the Saskatoon Club. An annual fundraising dinner hosted by the Saskatchewan Environmental Society. Both a celebration and a showcase of local food and talent. The primary ingredients used in the dinner come from local producers and are prepared by Saskatoon chefs. For information call 306-653-1913 or email info@saskenvironmentalsociety.ca. Vegan options will be available for each course.

Witness the Legacy Homecoming Show

Sept. 21, 7 p.m., at Lakeside Church. A joint performance by Polyphonic Traditions Ensemble and Lakeside Ukrainian Orchestra and Choir and Orchestra. Live song and dance singing from traditional to modern. Tickets available at McNelly's, Telton, or call 306-603-3230 or visit www.mcnellys.com.

Latinas Unites Indigenous Day Celebration

Sept. 21, 1:30 p.m., at St. George's Senior Citizens Club, 1235 25th St. West. Celebrate Indigenous day for seven Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras, Chile, Nicaragua and Mexico. Featuring dinner and performances by Indigenous artists. Sponsored by Saskatoon Soltes Dance Co., Daria Manana Dance Academy, Alina Delacruz and Chelo Hernandez from Costa Rica, with Dr. Orla from Peru.

Multiple Myeloma March

Sept. 22, registration at 9:30 a.m., march at 10 a.m., in front of the Education Building at the U of S. A march to



The annual World on the Square Festival is on Sunday at Civic Square and Anderson City Hall. HILL PHOTO

raise awareness of this rare incurable blood cancer. All proceeds will go to Myeloma Canada. For information visit www.mylomachc.ca or call 306-362-7078.

Start From Scratch Book Fundraiser

Sept. 22, 10:30 a.m. to 12:30 p.m., at Plaza Harvest Cafe, 2917 Earlly Dr. Book out

Word on the Street Festival Sept. 22, 11 a.m. to 3 p.m., at Civic Square and surrounding City Hall. The national book and magazine festival. Author readings and performance: market place, reading, grassroots, side walk games and children's activities. With Chef Michael Smith, the Lakeside Opera House, Robert J. Sawyer, Tim Martel, Guy Gavriel Kay, Guy Vanderhaeghe and

Candace Savage. Visit www.thewordonstreet.ca.

Striel Spectacular

Sept. 22, 12 p.m. to 5 p.m., at TCU Place. Over 60 exhibitors, a fashion show and chances to win a dollar bill package. All trades welcome. Call 306-652-7684.

Montreal International Folk Fest

Sept. 23, 7:30 p.m., at Christ Church Anglican. Featuring the music of J.S. Bach.

Maurois Oudon on the Plains

Sept. 24, 6 p.m. to 9 p.m. at the Prairie Lily Diversed Jazz and dinner with Maurois Oudon and Talina. For reservation any visit www.shawwebpage.com or call 306-935-5458.

OMEGAOM Sustainable Agriculture: GMOs, organic, and how to feed the world

Sept. 24, 7 a.m., at Broadview Theatre. Presented by Mark Lynas. A panel discussion followed by a panel discussion and Q & A. An engaging speaker, Mark Lynas has been invited to various universities and conferences around the world to deliver his message about the importance of biotechnology for sustainable agriculture.

Speedy reading and information for the hard of hearing

Sept. 23, Oct. 5 and 23, Nov. 3 and 27, 10:00 p.m. to 3:30 p.m., at Saskatoon Deaf and Hard of Hearing Services, 5-511 First Ave. North. Hosted by the Hard of Hearing Association. For information call 306-245-1267.

THEATRE

My Theatre!

Sept. 18 to Oct. 6 of Peninsula Theatre. A native Canadian finds himself in the strange position of delivering what should have been his inheritance to a very distant cousin in Belarus. Soon after he arrives, he's caught up in a whirlwind of wedding plans, sports and vodka.

SPORTS

Calista Dances Series (Dance Place)

Sept. 21, 2 p.m. to 7 p.m., at Auto Glenview. Canadian Division's competing. Includes Western Canadian Super Late Model Championship Series, mini stocks and street stocks.

Street Lullabank

Sept. 22, 12 p.m., at Saskatchewan International Raceway, 13 kms south on Hwy. 11. Street racing in a safe and legal environment.



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PROJECT 497

Gonzales sets ambitious goal for charity

By Ashley Martin

Josh Gonzales doesn't have a formalized thesis. No body he knows is in dire straits. He just wanted to do something good, for goodness' sake.

"I just really wanted to do something that was good."

So Gonzales wrote a song under the banner of Project 497 with the intent of donating all the proceeds. He chose Innomission for Poverty Action (IPA), a non-profit organization that helps the world's poor.

As a student working on his honours in psychology at the University of Regina, he liked IPA for two reasons: It promotes education to alleviate poverty and it's supported by Yale economist and Freshman's Union member Don Karlsen.

"I just really believe kids should have a good education. You see people who are from impoverished countries and they get one opportunity and they just run with it and just do amazing things, and every body should have that chance," said Gonzales. "Some times here we take all these things for granted."

His song, Young As I'll Ever Be, is catchy and up beat with lyrics about writing the day like "I'll do it right the first time 'cause second chances aren't so easy to get" and "Possessions crumble people fade and what remains are the memories we make."

The longtime musician (piano, guitar and vocals) had a hard time crafting the words though because of the song's specific message.

"I don't usually write that way. Trying to make all the lyrics fit into that kind of theme was pretty difficult."

The song came together with the help of his friends Rachel Saunders and Thomas St. Onge.

Gonzales got the idea in May and finished recording in August. He did question whether now was the time to launch the project, with a thesis to complete, but took his own lyrics to heart — "why not now?"

He doesn't have a grand scheme. His reasons are simple.

"I'm not completely happy with how things are and I don't see why I need a huge excuse to go and do a project like this. I'm always a little bit of a cynic, but so I know people are going to doubt that this is even possible and I kind of want to prove them wrong," said Gonzales, who has set an ambitious goal of 497,000 song downloads by April 2014.

You can catch Gonzales during gigs with his band The Diving Squirrels, made up of friends and fellow Reginaans Stephen, Falsorvic, David Gellinger and Matthew Keadler.

Find out more about Project 497 and download Young As I'll Ever Be at project497.com



Josh Gonzales is hoping his song will be downloaded 497,000 times. He donated the proceeds to Innomission for Poverty Action. BRIDGES PHOTOGRAPH MICHAEL, BSA

Best of OUTSIDE THE LINES



Colouring contest

Each week, Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to bridges@thestarphotos.com. One winner will be chosen each week.



Last week's contest winner is Jeremy Desjarlais. Thanks to everyone who submitted entries.



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GARDENING

#AUTUMN PERENNIALS

Fall's best late-blooming colourful perennials

By Eri Svendsen

The second half of summer this year has been great — warm days and nights, the mosquitoes all but disappeared and I don't recall any severe storms, at least in Saskatoon. But with it being dark in the mornings when I get up for work and then dark by 8 p.m., I know fall is just around the corner. That means many of our trees, shrubs and perennials are about to peak it in for the year. If you're pleased it right, there are a number of perennials that come into their own at this time, adding great bits of colour and texture.

If you have some blank or blank spots in the garden and want to add some plants for next year, some late bloomers may still be available from local garden centres. The sooner you plant the better, to give them a chance to root in before the ground freezes. The following are a few to consider:

JOB-PYR WEED (*Euthrastrum rosulatum*), also, *Eupatorium rosulatum*) is just at its peak now. Having been today, I saw one that was only 1.5 m tall, sporting several 30 cm wide clumps of juicy pink blooms. They prefer growing in full sun with moist soil — even bordering a pond or stream — but will tolerate part shade and drier soils. Plant to the back of the border and consider adding some support so it doesn't fall over with its top heavy blooms. An extra bonus is that butterflies are attracted to the flowers.

HARDY PALL ASTERS (*Aster* sp.) Some of the few fall perennials available in pink, red, lavender and blue colours, they typically reach 75 to 90 cm tall and have dusty dark green leaves. Plant in a location with full sun and well drained soil. There are several cultivars to choose from. Look for early blooming and resistance to powdery mildew in a perennial trial across the province co-ordinated by the Saskatchewan



One of columnist Eri Svendsen's favourite fall blooming perennials, Job-Pyr Weed. PHOTO: COURTESY OF WTST

Perennial Society, the following performed well in all locations. Alert, Little Pink Beauty and Purple Dome. Of these, only Purple Dome carried powdery mildew in all locations over the three year evaluation.

STONECROP SEDUM (*Sedum* sp.) Low growing succulents — although a few reach as high as 30 cm — these perennials are drought and heat tolerant once established. Plant in full sun and well drained soil. Blooming time of this group is dependent on species and cultivar. However, Autumn Joy is highly rated, blooming in shades of copper-red and pink in late August/early September. Autumn Joy is also one of the taller types but still one to plant near paths and the border's edge. There are also smaller fall blooming types

with coloured, red, variegated foliage and green leaves to add an extra dimension throughout the year.

HELENIUM (*Helianthus autumnalis*, also *Helianthus* false sunflower, inaccurate!) This plant produces masses of daisy like flowers in shades of yellow, gold, orange, bronze and maroon with muted, dark centres in full sun. *Helianthus* can reach up to 5m in height. For best results plant in well drained soil but match well to retain even soil moisture. Like Joe Pye Weed, this one may need support but new cultivars tend to be sturdier. This is another perennial that is insect attracted.

Phlox subulata is provided by the Saskatchewan Perennial Society.



Hardy Pall Aster. PHOTO: COURTESY OF WTST

#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 ... "Show Girl"
 4 Superhero's method of stopping criminals
 11 Dictionary app.
 14 Square dance group
 15 ... carter (friend of the court)
 16 Tune by Beethoven
 17 Author Ben ...
 18 ... (in the stands)
 19 Inuit deity
 20 Newspaper's input in the dairy case
 21 Windows' locale. Also
 22 bit of its, for short
 23 The "hell"
 24 Name basketball players
 25 ...
 26 Not so deep
 27 ... (old) boxer man, informally
 28 You can hardly believe ...
 41 Oscar winner Jim Carrey
 42 Inexpensive for the newly affluent way
 43 bit of egg, present for a toddler's game

DOWN

- 1 ...
 2 When Polynesia is
 3 No transitive use
 4 ... the whole as to
 5 "This is only ..."
 6 Girl's help
 7 F.I.R.T. part. Also
 8 ...
 9 ... (sister) with
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PUZZLE BY SARAH HOFFER

JANRIC
CLASSIC
SUDOKU

Level: Bronze

Fill in the blank cells with numbers 1 to 9. Each number can only appear once in each row, column and 3x3 block. Use logic and arithmetic often to solve the puzzle.

The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).



Solutions to the crossword puzzle and the Sudoku can be found on Page 30.

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FASHION

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SASKATCHEWAN FASHION

Josephine Mensah: Looking stylish on a budget

By Angelina Irimaci

Every piece of Josephine Mensah's outfit has a story; it all came to her by chance and for a very reasonable price. Most pieces of the outfit were purchased for under \$10.

"Price dictates what I buy. I will admit that. But sometimes I'll like it so much or it's such a unique piece, I'm willing to splurge a little bit," she explains.

A few years ago she spotted the dress, which was on sale for around \$10 while waiting for a friend at the mall. She was instantly drawn to the colour, style and the fit. The straps — which cost just a few dollars — jumped out at her in a pocket thrift store in Montreal. She loved them but didn't wear them at first because she didn't think she had anything they'd match.

"But then I thought, hey that dress might be an OK match. It was an exact match. I thought, 'What are the chances?'" she says. "It's like style serendipity!"

The shoes, sunglasses and watch were icing on the cake. Mensah, who works at the YWCA, went to the organization's Opportunity Shop, which is full of donated clothing during a lunch break and found the shoes for around \$5. She debated them for the Bridges fashion shoot.

She had been searching for cat eye sunglasses and found the perfect pair while travelling in Montreal for \$10. Also on the Montreal trip she purchased the Anne Klein watch. She spotted it first in the Toronto airport while catching a connecting flight to Montreal. Mensah decided she'd buy the watch on the way home, but when she saw it in a department store in Montreal, she knew it was meant to be.

Mensah is originally from Ghana, but grew up in Regina, then moved around before settling in Saskatchewan. She travels often and likes to shop while in different cities to bring back mementos of her experiences.

"The places I like to shop are not always the trendy places but more where the locals go," she explains of a recent trip to Yellowknife where she bought a few pieces at a vintage store.

The 26-year-old recently started a lifestyle blog called Style by Lady J. It explores fashion, food, beauty and self-care. She says that it was important to make a connection called "my beauty to balance the style and fashion aspects of her blog."

"(The section) is about body image and things like that, and celebrating different sizes as well," she explains. "Style is not one-dimensional, it's multi-dimensional and one person can have so many different styles."

Her love of fashion inspired the blog and she views style as something more than just everyday clothes.

"Lots of people think I have to wear clothes to function. I don't have to get dressed in the morning. But I think style is really an extension of personality and it shows the little things that I care about."

She encourages people to "write exactly what you want to wear. Mensah used to worry that she was overthinking her outfits. She decided instead of feeling guilty about what she's wearing, she would feel happy because that's when she feels the best."

She says her budget outfit also wore for this shoot makes her feel colourful and feminine.

"That feeling is a lot stronger than any price point," Mensah says. To check out Mensah's blog go to: www.stylebyladyj.blogspot.ca

Outfit:

1. SUNGLASSES: Urban

Outfitters. "I'd been looking for cat eye sunglasses because that's the only style that really fits my face. I think."

2. DRESS: Sears. "Every summer it's a up to dress."

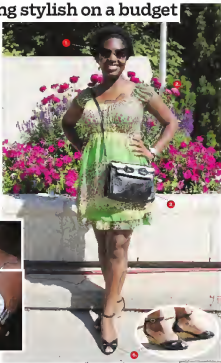
3. STRAPS: Spring

4. EARRINGS: Ven-

sage store, \$10.00 in Montreal. "I thought they are so pretty and I don't have a lot of great things."

5. WATCH: Anne Klein from Montreal.

6. SHOES: Opportunity Shop. "They go with everything. I like versatility a lot."



Each piece from Josephine Mensah's outfit has a story. BRIDGES PHOTO BY MICHELLE BENO

INVENTORY

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BRIDGES PHOTOS
BY MICHELLE REED

1. FRINGE BEADED EARRINGS \$22

2. CLASSIC SL GLASS BRACELETS With bamboo beads \$24

3. BAMBOO PEACH DOG TAGS \$40

4. BLACK RECYCLED GLASS PRAYER BEADS \$37

5. WALK YOUR PATH BAMBOO PENDANT Back and front \$4-8

6. CHEVRON BAMBOO STUDS \$25

7.1 HEART SK BAMBOO STUDS \$25



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Greg Gurnell Kay

Will Ferguson

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10-11 PM

10-11 PM

10-11 PM

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10-11 PM

10-11 PM

SHARPEATS

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#SASKATCHEWAN FOOD SCENE

Celebrating the harvest in Saskatchewan

By Jenn Sharp

Now the leaves are turning colour and the air is crisp in the morning. As much as I love summer, all good things come to an end. Welcome back fall. We missed you both.

If you grew up on the farm, you probably saw fall. It's hard to describe the excitement of getting another year's crop off. Grass that lingers the summer, while the heat of cornfields and rounds of grain trucks provide the soundtrack. Farmers work overtime, harvesting, then cleaning the year's produce.

But a province with such strong agricultural ties, harvest is always a special time. Rather than lament the end of summer, let's celebrate fall. In Saskatoon, the Friends of the Forestry Farm House (FFHH) are hosting their annual Harvest Supper on Sept. 25. The supper is held in the Superintendant's Residence at the Forestry Farm site. It's the site's 100th anniversary this year.

The three-course meal, featuring locally Saskatchewan fare, is all prepared and served by members of FFHH in the historic red brick house. Guests can enjoy a harvest vegetable soup, followed by roast turkey with stuffing, gravy, salads and vegetables, followed by a pumpkin and apple dessert with ginger rhubarb cream.

FFHH is committed to preserving and restoring the Superintendant's Residence, and using it to tell the story of the Saskatchewan Forestry Farm Station, which distributed over 1.4 million trees for shelterbelts and parks in Saskatchewan. Plans raised for the dinner will go toward a book the group is producing about the site's history.

The Regina Farmers' Market has organized a "Business event called Market Under the Stars on Sept. 26. A previous event was held in City Square Plaza on Aug. 30. The evening features musical acts, dancing, a pig party, a celebrity go-karting competition, wine tasting from Los



People enjoyed a variety of activities, shopping and sampling treats from Regina's Food Trucks at the Market Under the Stars event in August. The next event will be held Sept. 26 in City Square Plaza in Regina. info.ptsr.ca/ffhh from BRIDGES

Ang Sky Winery and liquor tasting from Lost Mountain Distillery.

The food aspect is what draws huge crowds of people to Market Under the Stars. Several Regina restaurants and food trucks set up at the event to provide tastings featuring locally sourced food available to the public and for a take-palating contest. In addition, many of the market vendors will provide a vibrant evening shopping atmosphere.

In 2010, the Regina Farmers' Mar-

ket was named one of the best markets in the country by the Canadian Farmers' Commission. Since that time, it's only got better. During a recent Wednesday market day, I was impressed by the vendors' diverse offerings. An ample supply of ethically food stalls were a treat as well.

Whether you're from the farm or not, September is the best time to visit your local farmers' market and take home your piece of the 2013 harvest.

bridges@thestarphoenix.com or @jennsharp

WHAT YOU NEED TO KNOW:

HARVEST SUPPER

- Sept. 23
- Susanforden's Residence on Forestry Farm at Saskatoon
- Seatings at 5 and 7 p.m.
- Tickets \$25
- Call Cherie Bullaro 306-373-1787 or email: c.bear@csdsk.ca

MARKET UNDER THE STARS

- Sept. 26
- City Square Plaza in Regina, 4 to 9 p.m.
- Food tastings \$4 (paid individual vendor)
- Drink tastings \$2-\$3 (purchase tickets)

WINE WORLD

#AYA CHARMING

Enjoy a palate awakening with a Portuguese Aya

By James Romanow

One of the many things people have a hard time understanding is that beer is just an advanced sense of taste. Much of what we "taste" is a sensation in the mouth that doesn't get taste buds firing. Astringency and tannins are both good examples of what I'm talking about.

The reason I've been thinking about this is because I picked up a bottle of Portuguese wine that has been drinking me since I bought about three bottles before I was satisfied that I wasn't crazy. I may well be crazy but in this particular case I was not delusional, or at least no more delusional than normal.

I love Portuguese wines. They make a zillion and a half styles including some lighter bodied ones that make for great every day drinking. Aya falls into this class, as you'd expect from the quite pretty packaging. The first sip is a pleasant, light red with ... as that cartoonist? A quick examination of the glass shows no bubbles. But the wine "tastes" carbonated. How can that be?

Well, three bottles later, I worked out that it was a sensation in the roof of my mouth, a sort of prickling, that I associate with soda water, champagne, etc. Why this particular sensation is generated is a mystery to me.

The tasters are only discernible by eating



something greasy with it. There is no apparent acidity on the sides of the tongue. That is a tremendously easy drinking wine that makes your palate wake up. For a change, the sense of the wine delivers exactly as promised.

I haven't enjoyed a glass of wine that much since my first good Chateau.

Aya Charming Portugal 2010 \$16.99

Wine wins on Monday's StarPhoenix and on Twitter @drhouse

Crossword/Sudoku answers

COSTA	HEXAD	DEA
OCTET	AMICI	DER
HEALE	VENDS	DIS
JARLSBERG	GCHEDE	
ONT	TAT	DAMN
BIGS	GOLF	COUSE
SAFER	AROD	
FLIMSTALL	RE	
EMIL	NORPC	
WIFF	CEALL	BALL
SPEE	DAF	ALO
THINGS	PI	THOLES
DOG	ALIAP	INP
AM	BONGO	IKHUP
RES	SPGOF	LAPPE

8	9	2	4	3	1	5	6	7
5	7	3	2	9	6	8	1	4
6	1	4	5	7	8	9	2	3
3	5	8	6	1	2	4	7	9
7	2	9	3	5	4	6	8	1
1	4	6	7	8	9	2	3	5
9	6	5	1	2	3	7	4	8
2	8	1	9	4	7	3	5	6
4	3	7	8	6	5	1	9	2



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ASK ELLIE

Family needs to find ways time to get away from in-laws

Q My husband and I are working professionals with good jobs. We have a daughter, three, with whom I stayed home for the first year. Therefore, I returned to work, and his parents moved in with us to help out with her, for which I'll be eternally grateful.

I work nine months out of the year, and on an off for three months during which his parents go back to their home and their lives (not of mine) and when, they want

Later, my husband's been demanding that we do EVERYTHING as a threesome. We seem to never have family time just the three of us.

When I suggest this to him, he gets irritated and unreasonable claiming that his parents are not my employers.

I just want a picnic with my daughter and husband on a day trip or two. My in-laws are here M/T, I never get any privacy there, either. It's really wearing me down, too much together time for me.

Should I just send my daughter

Ask Ellie



in full-time daycare and be done with it?

Unreasonable?

A If all you really want is some occasional family time, the ways to find it are not that elusive. Give your in-laws a gift of appreciation and send them to a concert, movie, or out for a special lunch. It gives that son/daughter-in-law to your young child. That would leave you three able to go on a picnic, for start.

But you go to the more extreme solution of putting her in day-care is more about wanting them out of the house completely.

That's why your husband's overreacting...it's an unexpressed power

struggle between you, rather than a realistic look at the facts:

1) His parents made sacrifices to help you.

2) Things change as children grow, and so parents have different options.

But above all, any change has to be handled very diplomatically and with great sensitivity. Start with showing that to your husband, and talking about what's best for you all.

Q Recently, I hosted a friend's baby shower, for her last of friends.

I baked, cooked (including spread dishes), and cleaned.

I planned activities, such relating to the shower's theme (my friend was specific about what she wanted).

Everything went about as badly as it could have.

My friends didn't seem to be into the idea of a shower. They showed up early (I was still in prep mode) and complained about the drive (not sure the city).

They didn't eat the food. They didn't enjoy the games.

They only seemed to like the gift opening.

Before the last activity, one guest declared the party over.

I'm trying hard to get past this and spare myself. I did everything I could to make it a fun day. My friend never thanked me for hosting.

Should I bring it up with her?

Every other party I've ever hosted has been a lot of fun.

Dull Party

A Don't beat yourself up. They were rude, felt no responsibility to show appreciation for all your very well meaning efforts.

Unfortunately you tried too hard for the wrong occasion — not your friend, not your own theme.

Being depressed over superficial people and a thankless friend is a waste of time. Use your considerable energy to put yourself out of it.

Be aware also things for yourself instead — new hairdo, new shoes — whenever takes your spirit to get back to the competent and generous person you are.

Your friends either too shallow to

selflessly, or she'll be defensive.

Q I've lost three best friends within 16 three months. I feel like I'm not good enough for anyone, not special, that life is just pain and not worth living.

I started doing things to find out what was wrong with me and could help explain why I'm not happy with myself.

I told my VERY best friend that I wanted to change, but she said I shouldn't. But I need more help, instructive advice.

Sad and Confused

A Life IS worth living, way beyond those three people, who may not have been the right fit for you because of things lacking in them, not you.

But when you feel that low and doubt yourself, call your best friend back. Or, if you're a teenager, call Kids Help Phone (for teenagers too, 1-800-668-6868 in Canada, or go online for other countries.) Also ask where/how to get affordable sex free counseling, e.g. through a local Y's youth program.



Next week in
BRIDGES
The cowboy way
is the only way
for these prairie
dwellers

